

# Lifting Smarter, not Harder

Improper lifting techniques can lead to a range of musculoskeletal (MSK) issues, including back pain, shoulder strain, and knee discomfort. Using correct lifting methods is crucial for preventing injuries at work and maintaining good overall MSK health. Here are tips and strategies to lift safely at work.



Keep heavy items close to your body to reduce strain on muscles and joints by minimizing the distance of the object being lifted from your center of gravity.

Use moving equipments like dollies and carts to reduce strain on your back when lifting or moving multiple objects.

Ensure you are not lifting heavy items above your head – they should be at chest level. Use a stool to give yourself extra height to get the item on the shelf.



## CHIROPRACTIC TIP

Are you bracing correctly? Bring your belly button into your body to brace your core. Make sure to use legs and bend your knees when lifting.

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.